

Monday, January 24, 2022

Meredith faculty, staff, and students,

With winter keeping more of us inside and in close quarters, along with the enhanced number of cases and contagion of the Omicron variant of COVID, Meredith College is adjusting some of its recommendations and mandated procedures to reflect the new information and, most importantly, to protect our community.

### **Boosters Strongly Encouraged**

The CDC recently released a schedule and definition for what it means to be [up to date](#) on COVID vaccinations. If eligible, please complete the regimen and submit that information in Meredith's [COVID portal](#).

If you are already up to date on your vaccinations and have not already uploaded your booster information into the [portal](#), we urge you to do that as well.

This will allow us to keep our campus vaccination rate information up to date. We may require weekly testing in the future for students and employees who are not "[up to date](#)" on their vaccines.

For students who have approved exemptions, we will continue weekly testing.

### **High-Quality Masks Strongly Encouraged**

Given the high contagion rates of the Omicron variant, we urge you to avoid washable (cloth) masks in favor of [more effective masks](#) such as surgical or N95, KN95, or KF94 masks. All these masks provide more protection from COVID than the cloth versions and are available at cost in the campus store.

In addition, the US government is making free masks available at various distribution points throughout [Wake County](#).

### **Contact Tracing Changes**

Like many communities, because the Omicron variant is moving so swiftly, we are reducing our reliance on contact tracing and focusing on the more effective strategies listed above. **You should continue to report all exposures, symptoms, and positive COVID tests and follow the guidelines provided by Student Health and Human Resources.**

Staying up to date on your COVID vaccinations, along with the vigilant wearing of high-quality masks, will help us through this period of high contagion.

We urge you to follow these new protocols for yourself and the entire Meredith community. Please continue to monitor your health carefully and follow the [Community Standards](#) about what to do if you feel any symptoms, have been exposed to someone who has tested positive, or have tested positive yourself.

With spring break coming soon, we know you are eager to make plans. By following these new protocols, getting vaccines/boosters, and continuing social distancing, you have a much better chance of enjoying the spring.

The Executive Leadership Team